



ZAAZ
MACHINES



20·K

ZAAZ 20K USER MANUAL

CONTENTS

SAFETY GUIDE	3
ASSEMBLY INSTRUCTIONS	4
TROUBLE SHOOTING	6
SERVICE AND MAINTENANCE	6
PARTS	7
OPERATION	8
PRE-SET PROGRAMS	9
EXERCISE GUIDE	10
CHOOSING THE RIGHT SPEED	10
INTENSITY	12
REST	12
POSES: STRENGTHEN	12
POSES: STRETCH & MASSAGE	13
SPECIFICATIONS	15
CONTRAINDICATIONS TO VIBRATION	15
ZAAZ 20K	16
FREQUENTLY ASKED QUESTIONS	18

Thank you for purchasing the ZAAZ 20K. Please read this instruction manual carefully before operating this machine. Please pay attention to the important safety warnings and keep this manual for future use.



WWW.ZAAZMOVEMENT.COM

888-OMG-ZAAZ

SAFETY GUIDE

When using this machine basic precautions should always be followed including the following:

DANGER To reduce the risk of electric shock: Always unplug this machine from the electrical outlet immediately after using and before cleaning.

WARNING To reduce the risk of burns, fire, electric shock, or injury to persons:

1. The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate with blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Supervision is necessary when this machine is used near children, or by or near invalids or disabled persons.
4. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by ZAAZ.
5. Never operate this machine if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. **Call the ZAAZ service number for examination and repair: 888-OMG-ZAAZ.**
6. Do not pull on or use the power cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the machine with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors. The machine is intended for home and indoor use.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, press the console OFF switch, turn the power switch off, then remove plug from outlet.
13. The machine must be kept on level ground.
14. Do not use with wet hands or near water.
15. Do not move the machine if the power is on.
16. Do not use this machine within one hour of meals.
17. Do not use this machine for more than 12 minutes per session, unless following an appropriate program.
18. There have not been enough studies done on the effects of Whole Body Vibration on children, however since weight training is not supported for kids as their bodies are still developing, we do not recommend Whole Body Vibration for children. Children and pets should always be supervised when around Vibration Technology machines.
19. Do not use the machine if you have a pacemaker, an implant, are pregnant, or have an existing medical condition. Please consult your physician first. More information on contraindications is listed on page 15.
20. If you feel any distress or soreness abandon your exercise immediately.
21. Should your machine malfunction, disconnect it from your power source and call our service number listed on page 8. Do not attempt any repairs yourself.



ASSEMBLY INSTRUCTIONS

This advanced design is ergonomically designed and maintains a high level of reliability and smooth noiseless functionality.

PACKAGING: Retain all packing materials for your 20K until you are certain you have all components.

COMPONENTS: The ZAAZ 20K components include the Vibration unit, post, console, handlebars, tool kit, power cord and User's Manual.



1. Remove all packaging.



2. At the top of the post, insert the 2 cables through the small hole in the middle so they protrude out both ends. Grip the top of each cable and don't let it fall into the post.



3. Connect the 2 cables to the base.



4. Affix the post to the base with the 4 bolts, using the screwdriver provided or a 12 mm socket wrench.



5. Unscrew the 4 screws on both sides of the base, (2 at the front and 2 at the back).

NOTE

Tighten all screws only 3 or 4 turns at first. Tighten the screws until snug (not over-tight) when assembly is finished.



6. Starting with the left handlebar, connect and screw the handle pieces (A and B) with the plastic connector (C). Then connect piece D to the plastic connector. Put the two handlebars onto the end tubes simultaneously.





7. Put the left long handlebar onto the top of the post. Attach loosely with the long bolt by first feeding the bolt through the hole in the top of the arm and then lining it up with the hole in the top of the post. Connect bottom of left arm to the base. Tighten the screws loosely. Then assemble the right handlebar the same way. Tighten the top bolts and bottom screws snugly.

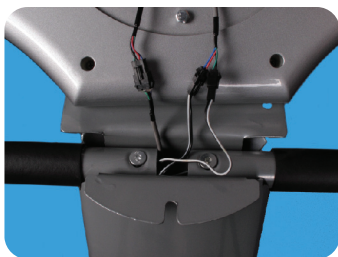


9. Remove the screws from the underside of the console and attach to the top of the post. As you attach to the post, feed the cable down the centre of the post so you don't pinch the wires when you tighten the screws.



11. To use the body fat measurement function, remove the protective plastic film from the sensors on the handles.

13. Place on level surface, and if necessary, level the machine with the 2 adjusting feet at the base.



8. Attach the 4 cables from the underside of the console to the 2 from the curved handles and the 1 from the centre of the post.



10. Tighten all screws and bolts snugly.

POWER BUTTON



12. Connect the plug to the power outlet, and press the red switch on the power button on the back of the base to turn on the machine.

NOTE

Re-Tightening of screws and bolts may be required every 3-6 months, depending on use.



TROUBLE SHOOTING

ITEM	FAILURE	SOLUTION
1	NOISE WHILE OPERATING	CHECK THE 4 ADJUSTABLE FEET & ENSURE THE MACHINE IS LEVEL, CHECK & TIGHTEN ANY LOOSE PARTS
2	NO SCREEN DISPLAY	ENSURE THE MACHINE IS PLUGGED IN AND TURNED ON
3	POWER ON BUT 20K WILL NOT START	PUSH THE ON BUTTON AND SELECT SPEED
4	FAT CHECKER DOES NOT FUNCTION	REMOVE PLASTIC SHEET COVERING

SERVICE AND MAINTENANCE

Careful maintenance not only helps you stay safe but extends the life of your machine. Please follow these basic guidelines:

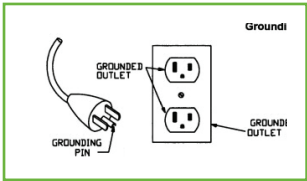
- Check and retighten screws when required.
- Clean the machine with a soft cloth after use.
- Keep away from exposed areas and excessive heat.
- Switch off the ZAAZ 20K when not in use.
- Switch the machine on with the power button at the base of the machine.

For service, call: 888-OMG-ZAAZ Please refer to the back cover of this booklet for further information on your warranty.

The machine must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The machine is equipped with a cord having an equipment-grounding conductor and a grounding plug. This plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

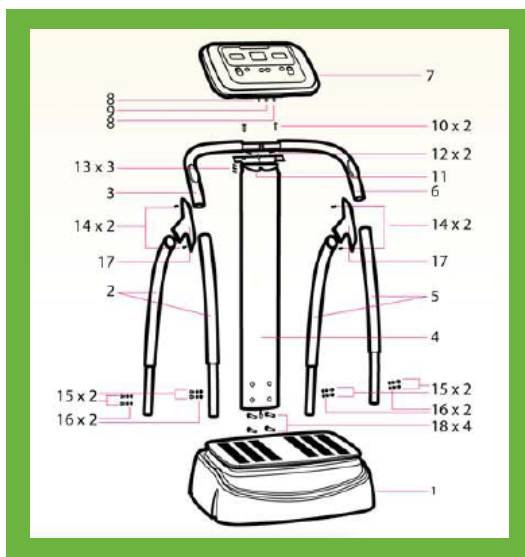
DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the machine is properly grounded. Do not modify the plug provided with the machine – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-V circuit and looks like the plug illustrate. Make sure that the machine is connected to an outlet having the same configuration as the plug. No adapter should be used.



PARTS

NO.	PART	QUANTITY
1	base	1
2	left support poles	2
3	left curved handle	1
4	post	1
5	right support poles	2
6	right curved handle	1
7	console	1
8	console pulse cable	2
9	console post cable	1
10	base	2
11	left support poles	1
12	left curved handle	2
13	post	3
14	right support poles	4
15	right curved handle	8
16	console	8
17	console pulse cable	2
18	console post cable	4



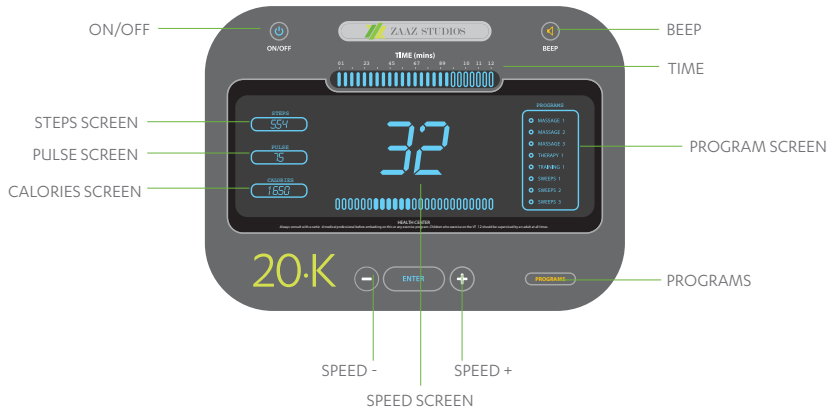
20K FEATURES

- Ergonomic design
- Three LED screens- displays time, speed and body fat
- 8 Pre-set programs
- Built-in body fat monitor
- 70 speed adjustments, appropriate for different fitness levels, including strength exercises and massage
- Overload protection
- High performance monitor



OPERATION

BUTTON AND CONSOLE DESCRIPTION



OFF/ON: Press to start or stop the machine

SPEED: Displays the speed of the vibrating Platform

TIME: Displays the exercise time remaining on the machine

BEEP: Turns on/off the machine beeping sound when buttons are pushed.

STEPS SCREEN: Displays the accumulated number of steps taken by the platform

PULSE SCREEN: To display your pulse, grip both "Pulse Sensors" with your hands and hold for at least 15 seconds.

CALORIES SCREEN: Displays the accumulated number of calories used by the machine.

OPERATING INSTRUCTIONS

To reduce the risk of electric shock, the machine has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

The warning below is on the base of the machine:

KEEP CHILDREN OFF!

WARNING – Pinch Point!

Do not place fingers, toes or any other object near the Vibration Pad edge while in motion!

MANUAL MODE (12 MINUTE TIME)

1. Press the "ON" button to power the machine.
2. Select desired speed level using the SPEED up and down arrows.
3. Keep knees slightly bent, with feet wide apart.
4. Refer to exercise chart for optional positions.



PRE-SET TIME

- 1. With the machine OFF, press the "PROGRAMS" button until you reach the program you want to use. Then press "Enter" to start this program.
- 2. The 8 programs are pre-set so the speed cannot be modified.

PRE-SET PROGRAMS

These programs are great for exercise and massage. Each speed is designed to change every 30 seconds, as indicated in the table below.

***M :** MASSAGE **TR:** TRAINING
TH: THERAPY **S:** SWEEPS

FREQUENCY					
SPEED	Hz	SPEED	Hz	SPEED	Hz
1	3.4	34	7.5	67	11.5
2	3.5	35	7.6	68	11.7
3	3.6	36	7.7	69	11.8
4	3.7	37	7.8	70	11.9
5	3.9	38	7.9	71	12.0
6	4.0	39	8.1	72	12.2
7	4.1	40	8.2	73	12.3
8	4.2	41	8.4	74	12.4
9	4.4	42	8.4	75	12.5
10	4.5	43	8.6	76	12.7
11	4.6	44	8.7	77	12.8
12	4.7	45	8.8	78	12.9
13	4.8	46	8.9	79	13.0
14	5.0	47	9.1	80	13.2
15	5.1	48	9.2	81	13.3
16	5.2	49	9.3	82	13.4
17	5.3	50	9.4	83	13.5
18	5.5	51	9.6	84	13.7
19	5.6	52	9.7	85	13.8
20	5.7	53	9.8	86	13.9
21	5.8	54	9.9	87	14.0
22	6.0	55	10.1	88	14.1
23	6.1	56	10.2	89	14.3
24	6.2	57	10.3	90	14.4
25	6.3	58	10.4	91	14.5
26	6.5	59	10.6	92	14.6
27	6.6	60	10.7	93	14.8
28	6.7	61	10.8	94	14.9
29	6.8	62	10.9	95	15.0
30	7.0	63	11.0	96	15.1
31	7.1	64	11.2	97	15.3
32	7.2	65	11.3	98	15.4
33	7.3	66	11.4	99	15.5

SPEED								
	M1	M2	M3	TH1	TR1	S1	S2	S3
0:00	62	75	99	84	25	49	82	1
0:30	58	67	84	75	35	47	79	3
1:00	54	71	79	58	30	46	75	4
1:30	50	75	75	62	25	44	71	9
2:00	54	67	71	1	20	41	67	13
2:30	62	71	67	3	15	39	62	17
3:00	58	67	62	4	10	37	58	21
3:30	54	62	58	31	5	35	54	25
4:00	50	58	67	40	10	33	50	30
4:30	54	54	75	58	15	36	46	34
5:00	58	50	79	62	20	38	41	38
5:30	50	54	84	1	25	40	37	42
6:00	25	58	88	3	30	41	33	47
6:30	16	50	90	4	35	41	33	47
7:00	8	25	75	31	30	44	29	51
7:30	4	16	71	62	35	46	25	55
8:00	1	25	67	40	30	49	20	59
8:30		16	62	3	25	47	16	63
9:00		8	50	4	20	46	12	68
9:30		4	25	1	15	45	8	72
10:00		1	16	3	10	41	4	76
10:30			8	4	15	39	3	80
11:00			4	31	10	37	1	16
11:30			1	1	5	35	1	1

NOTE
These programs run for up to 12 minutes but we suggest you build up your session time gradually. This is important, as your body may need time to become conditioned to Vibration therapy. Please consult your Health care Practitioner before trying any new exercise program.

EXERCISE GUIDE

HOW AND WHY TO STAND

All you have to do to get benefits from Whole Body Vibration is stand on the Machine in a comfortable straight position.

Stand tall with your tummy and bottom tucked in (pelvic tilt). This position will keep you standing straight with muscles tight. Remember to keep your shoulders back and away from the ears.

You can gain a significant amount of benefits by just standing in this position.

There are two ways of holding the knees, slightly bent and straight. If you are doing weights or stress exercises, then the knees should be slightly bent to protect your back muscles. What bent knees do is cushion or soften the vibration. However, if you want the vibration to go through your body as strongly as possible, then your knees should be straight.

Just try it for yourself - feel your lower back and shoulders when the knees are bent and compare to when the knees are straight, and you will be able to judge for yourself. The amplitude of the plate (how far apart your feet are) also makes a big difference.

If you are standing tall with your tummy and bottom firm and tucked in, you are doing a pelvic tilt. A pelvic tilt activates the three muscles of the pelvic girdle or pelvic sling, which is important for core stability. Rotating the body while in this position helps flexibility, balance, and helps decrease pain in the lower back.

It is always better to work barefoot because we are not meant to wear shoes. The vibration will better strengthen our arches and the muscles in our feet. It will also give you a nice soothing reflexology massage benefit. Try standing on a towel if you prefer softer vibrations.

CHOOSING THE RIGHT SPEED

The following speeds are a recommendation only and would depend on your state of health and physical condition. To enable good balance, your feet should be equally distanced from the centre axis of the plate.

- **LOWER SPEED**

Lower speeds are ideal for posture and strength exercises.

- **MIDDLE AND HIGHER SPEEDS**

Middle speeds are for weight training and stretching.

- **HIGHER SPEEDS**

Higher speeds are for massage and muscle relaxation.



INTENSITY

To increase the intensity of your workout we suggest you:

- 1. Extend the time of each position by progressively increasing from 30 to 45 to 60 seconds (as instructed in our programs).
- 2. Perform exercise dynamically i.e. with movement or rotation
- 3. Increase the speed
- 4. Incorporate unilateral movement, i.e., perform exercises on one leg, etc.
- 5. Increase amplitude by moving your feet further apart

REST

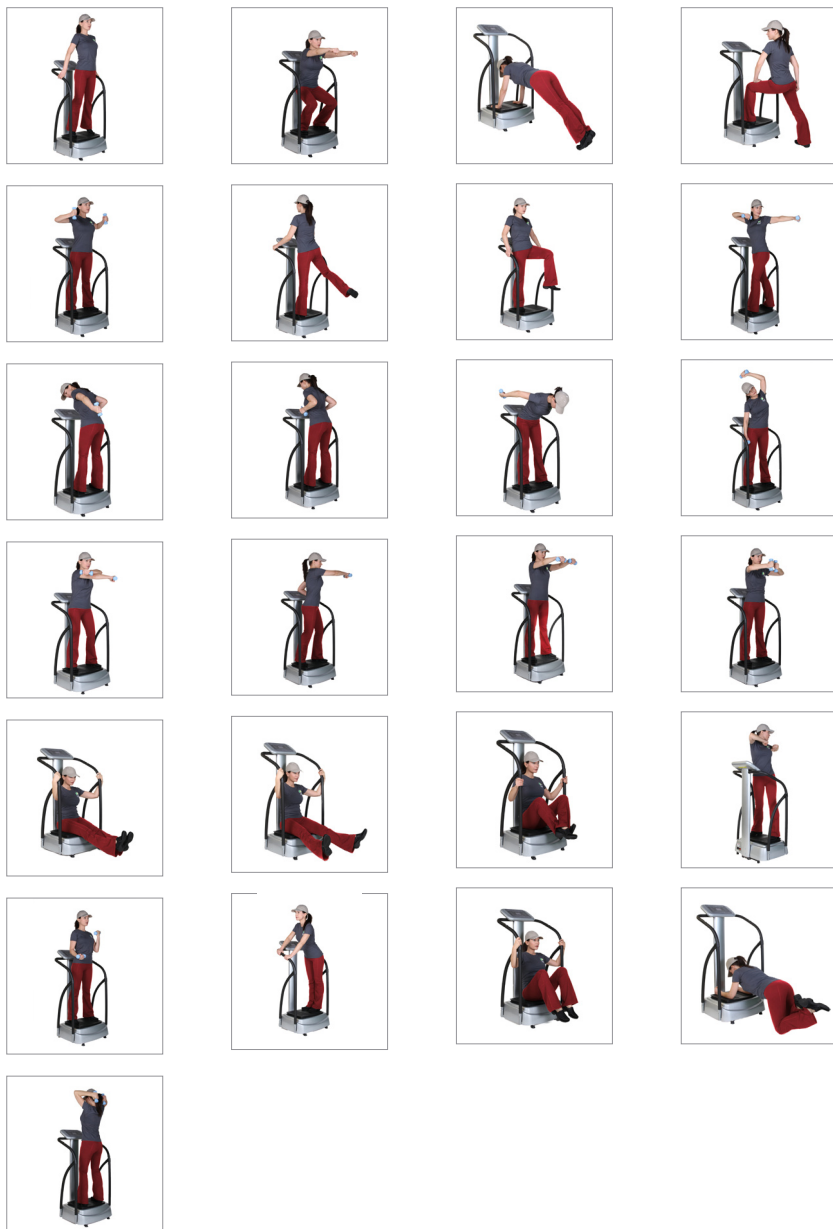
New users should start off gradually and may need to rest by stepping off the ZAAZ 20K for 30-60 seconds between strength exercises.

	10K	15K	20K
Amplitude	1-10	1-10	1-10
Frequency range (Hz)	3.4-12.3	3.4-14.4	3.4-15.5
Rated Amps	4	4	4
Maximum Load	264 LB	330 LB	330 LB



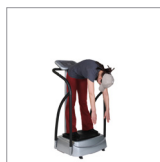
STRENGTHEN

MAJOR BENEFITS: Slims, tones and increases your metabolism as you build strength.



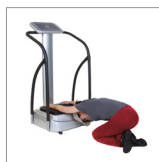
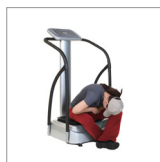
STRETCH

MAJOR BENEFITS: Improves flexibility and range of motion.



MASSAGE

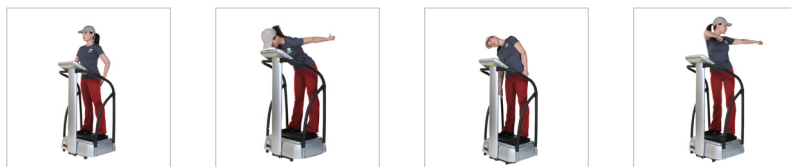
MAJOR BENEFITS: For relaxation and reducing cellulite visibility.



ZAAZing POSITIONS

Below are examples of the varied levels and positions one can develop throughout their ZAAZ training.

LEVEL 1 - BEGINNER



LEVEL 2 - INTERMEDIATE



LEVEL 3 - EXPERIENCED



FOR EVERYONE - STRETCH IT OUT



SPECIFICATIONS

PERFORMANCE	
Motor	High performance motor
Plate Surface	53 cm x 37 cm
Speed Range	1-99
Time Setting	Up to 12 minutes (high speeds for massage)
Displays	3 Large easy to read LED displays, featuring: Time, Speed, #of Steps, Pulse, Calories
Body Fat Monitor	Calculates body fat based on sex, age, height and weight (sensor pads on hand rails)
Programs	8 pre-set programs
Vibration	‘See-Saw’ motion to stimulate walking
Amplitude	1-10 mm
Handle Bars	Side mounted for easy grip and supported balance

QUALITY	
Maximum Load	150 kg
Warranty	1 year on motor; 1 year on parts and 1 year service *Extended warranty available.
Machine Weight	48 kg
Frame	Steel frame with high quality plastic base
Assembled Height	137 cm
Base Height (Step-Up)	25.5 cm
Footprint	72 cm x 62 cm

CONTRAINDICATIONS TO VIBRATION

Whole Body Vibration is very safe, but may not be suited for some people. Please be sure to seek medical advice before using ‘whole body vibration’. In particular, if you are pregnant, have a pacemaker or other implant, or have any medical condition whatsoever, please do not undertake ‘whole body vibration’ without the approval of your medical practitioner.

The information in this document is for information only and is not intended to treat, diagnose, or cure any physical disease or ailment. Again, please discuss with your medical practitioner before beginning this or any exercise program.



ZAAZ 20K

The premier model of oscillating vibration machines, the ZAAZ 20K purrs from our strongest, smoothest and most effective motor available. A masterpiece of engineering, the 20K features a pulse reader, calorie counter, step counter and our signature handlebar design. Not to be outdone in innovation or performance, the 20K automatically adjusts for varying weight loads and offers 99 unique speed adjustments and 8 pre-set programs. For those who will settle for nothing but the best, we present to you the ZAAZ 20K.

- Ergonomic Design
- LED screens display time, speed, number of steps, pulse, calories
- 8 Pre-Set Programs
- 99 speed adjustments, appropriate for different fitness levels, including strength exercises and massage
- Overload Protection
- High Performance Motor

20•K

8 PRE-SET PROGRAMS • 99 SPEED ADJUSTMENTS

LED





LED SCREEN DISPLAY • ERGONOMIC DESIGN • HIGH PERFORMANCE •

FREQUENTLY ASKED QUESTIONS

Should I expect to have increased energy levels?

Customers frequently report heightened energy levels immediately after using WBV. It is common to experience boosts in serotonin and endorphins for up to 12 hours after each session. This can be very effective in mood stabilization and a heightened sense of well-being as well.

How do you stand on the machine?

The correct way to stand on the machine is simply in an upright, comfortable position with your head facing straight and forward and knees straight. Never lock or bend the knees unless lifting weights (slight bend) or doing squats.

How many times can you use the machine a day?

It is not recommended to use Whole Body Vibration more than 40 minutes per day at a maximum of 12 minutes per session with at least 45 minute intervals between each session. Use of WBV at least seven to ten sessions per week at 10 minutes each produces optimal results.

Can the machines be used on any type of floor surface?

Hard, flat surfaces are best suited for the machines. Plush carpet or carpet with soft padding may not provide a stable enough surface for the machine. If the machine is not on a stable surface it can result in excessive shaking at high speeds.

If I don't like it can I return it?

All ZAAZ machines are sold with a 14 day satisfaction guarantee. You may return your machine within 14 days and receive a refund or cancel your finance agreement. A \$75 dollar pickup fee will apply.

How much space does it take up?

The footprint of the machine is approximately 24" x 30". The height is about 54".

How much power does it require? Does it require a special outlet to power it?

ZAAZ machines run on regular 110-power from a normal outlet and are 4-amp machines.



Have there been clinical studies done on this technology and is there scientific research available?

Yes, there has been extensive research done by government agencies, over 30 major universities, medical professionals, and private clinical studies on the effects and benefits of whole body vibration. Many of these studies can be referenced on the www.ZAAZMOVEMENT.COM website.

What is the maximum weight these machines can hold?

The maximum weight capacity is 330 pounds.

How much does the machine weigh?

Both models weigh about the same: 110 pounds.

If I have a problem with my machine how can I get it serviced?

If you ever have any issue with your machine you just call our customer service line at 888-OMG-ZAAZ and we will be glad to. We have local service available in many major markets, including all of those in which we have sales locations. Our technicians will come to your residence directly to service your machine. They are always equipped to resolve any issue that comes up but in the case that they can't resolve it to your satisfaction on-site then they will exchange your machine for a new one. However, if you live in a location where we do not have local service then the necessary parts will be sent you free of charge and a technician will be available by phone to answer any questions you may have and guide you through the process of changing them out. We do not expect our customers to fix their machines, only exchange parts in accordance with the same process as the initial assembly. If you have a problem with the console we will send you a new console, not parts to fix your console. If you have a problem with your base we will send you a new base. We do require customers to ship us back the defective parts but that can be done in the same packing as the new parts arrive in and at our expense, not theirs.

What is the difference between our machines and the Power Plate?

ZAAZ WBV machines are designed to deliver the highest range of benefits and results for the user. Other machines especially horizontal vibration machines are based on a different technology that does not deliver movement just vibration. These machines are generally not suitable for many users, especially anyone with health conditions or a lower level of fitness. They are generally not FDA Approved and are often more expensive ranging \$3500 to \$15000.



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ZAAZMOVEMENT.COM/SHARE



WWW.ZAAZMOVEMENT.COM